

POWER HURDLES

Power hurdles can be used to perform a variety of athletic and rehabilitative exercises. They are easy to set up and adjust. Arrange the hurdles so that the side the board slides off is the far side, allowing the hurdles to collapse when hit. Below are some ideas for using Power Hurdles.

HURDLE FLEX SERIES

Place 2–5 hurdles about 2'–2.5' apart. Pick four exercises and do them 2–4 times each. Set hurdles at a height that is appropriate for your ability.

1. **OVERS** – Stand facing the hurdles. Walk over them, placing only one foot on the ground between each hurdle.

Variations:

- *Holds* – When stepping over the hurdles, hold the trail leg over them for five seconds.
- *Over 2, Back 1* – Step over the first two hurdles as in *Overs*. Instead of clearing the third hurdle, back up over the second hurdle. Repeat this pattern of clearing 2 and backing up 1.
- *Hurdle March* – Clear each hurdle in a marching fashion with both feet contacting the ground between hurdles.



2. **LATERALS** – Start with your side facing the hurdles. Step over first hurdle with inside leg. Follow with other leg. Repeat over remaining hurdles.



3. **SWING OUTS** – Stand facing the hurdles. Clear the hurdles by swinging a straight leg out to the side as you step over them. Place one foot on the ground between hurdles.

Variations:

- *Swing Out Holds* – Hold trail leg over hurdles for three seconds.
- *Swing Out Over 2, Back 1* – Perform this exercise as in *Over 2, Back 1*, but swing the legs out straight as you step over hurdles.
- *Swing Out Laterals* – Perform this exercise as in *Laterals*, but swing the legs out straight as you step over hurdles.



4. **BACKWARD OVERS** – Walk over hurdles backwards, placing one foot on the ground between them.

Variations:

- *Backward Holds* – Hold the trail leg over the hurdles for five seconds.
- *Backward Over 2, Back 1* – Perform this exercise as in *Over 2, Back 1*, but backwards.
- *Backward Hurdle March* – Perform this exercise as in *Hurdle March*, but backwards.



PLYOMETRIC LEARNING SERIES

Place 2 – 5 hurdles about 2' – 2.5' apart. Set the hurdles at a low height. The following exercises are progression based. Perfect each one before moving on to the next.

1. HURDLE JUMPS – Start about 6" from the first hurdle. Jump over it and land softly, bending at the ankles, knees, and hips. Hold landing for five seconds. Repeat over remaining hurdles.
2. HURDLE JUMPS WITH BOUNCE – After landing, bounce once or twice before clearing the next hurdle.
3. REPEAT JUMPS – Jump over hurdles, spending as little time on the ground between them as possible.
4. LATERAL JUMPS – Start with your side facing the hurdles. Jump over them laterally with both feet. Hold landing for five seconds. Repeat over remaining hurdles.



PLYOMETRIC LEARNING SERIES FOR MULTIDIRECTIONAL AND SINGLE LEG

Place 2 – 5 hurdles about 2' apart. Set the hurdles at a low height. The following exercises are progression based and extremely advanced. Perfect each one before moving on to the next. Before trying any of these exercises, athletes should have mastered the *Plyometric Learning Series*.

1. SINGLE LEG HOPS – Stand close to the first hurdle and hop over it, landing softly. Hold for five seconds. Repeat over remaining hurdles.
2. SINGLE LEG HOPS WITH BOUNCE – After landing, bounce once or twice before clearing the next hurdle.
3. REPEAT HOPS – Hop over hurdles without stopping between them.

